

Programs May—August 2018

Forest Ridge Park

Adventure Programs

Preregistration is required—either call the park office or go online to reclink.raleighnc.gov. Please dress for the weather and outdoor fun by wearing closed-toed-shoes, sunscreen and insect repellent.

Find the Footprints

Course Fee: \$4

Age: 6-9yrs. Putting the principles of Leave No Trace into practice, youth will observe and investigate the trails and lake surrounding Forest Ridge Park. Through games and activities, participants will learn and put to use tools to be better caretakers of the land and water that surrounds them.

Tuesday, June 12 **9 AM-11 AM**
#221046

Tuesday, August 21 **9 AM-11 AM**
#221048



Wilderness Survival Mini Adventure

Course Fee: \$45

Age: 10-12yrs. Would you know what to do if you were stranded in the woods? Learn the basics to wilderness survival: shelter building, first aid and wayfinding in this hands-on, action packed class.

T-Th, June 12-21 **9 AM-12 PM #221042**

T-Th, August 14-16 **9 AM-12 PM #221043**

Wilderness Skills Workshop Series

Course Fee: \$35

Age: 18yrs and up. Would you know what to do if you were stranded in the woods? Learn the basics to wilderness survival. Topics may include wayfinding, how to stay dry and warm and emergency improvisation. Spend time outdoors and put your new skills to the test.

Thursdays, July 12-26 **9 AM-12 PM #221041**



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Bike Programs

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Bike Maintenance Clinic

Course Fee: \$15

Age: 14yrs and up. Stop paying for costly bike repairs that can be done on your own! Participants will learn how to change flat tires, adjust gears and brakes, as well as perform general upkeep on their bikes. We will also go over signs and symptoms of bicycles in need of maintenance. Bring your own bike and helmet for hands-on experience.

Tuesday, May 8 **1:00 PM-3:00 PM**
#220940

Saturday, June 23 **1:00 PM-3:00 PM**
#220943

Intermediate Bike Maintenance Clinic

Course Fee: \$15

Age: 16yrs and up. Ready for the next level of mending and maintaining your bike? In this clinic, we dive a little deeper into the functionality of your bike and how to keep it in great shape. Topics covered may include wheel, derailleur and chain adjustments. Although we provide the tools, bring your own bike and wear clothes that you can get dirty.

Saturday, August 11 **1:00 PM-3:00 PM**
#222977

Guided Mountain Bike Ride

Course Fee: \$5

Age: 14yrs and up. Let's hit the trail! Our guides will take the group through a brief bike inspection and warm-up before riding the trails together. This ride is open to all levels; however, participants should be comfortable riding at least 3 miles. Participants are encouraged to provide own equipment, however, loaner equipment is available and must be reserved in advance.

Tuesday, May 1 **6:30 PM-8:00 PM**
#221022

Saturday, July 7 **6:30 PM-8:00 PM**
#221023

Introduction to Mountain Biking Series

Course Fee: \$45

Age: 14yrs and up. Take mountain biking to the next level. Geared for beginners, this program will focus on improving the basics: shifting, braking, body position, and overcoming obstacles. Participants are encouraged to provide own equipment, however, loaner equipment is available and must be reserved in advance.

Wednesdays, May 9-23 **6:00 PM-8:00 PM**
#221024

Saturdays, July 14-28 **9:00 AM-11:00 AM**
#221025



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Fitness Programs

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Distance Running for Beginners

Course Fee: \$25

Age: 18yrs and up. Are you thinking of signing up for the next community run? This series will set up workouts to increase your stamina and speed for long distance runs. This course guides you through warmups, stretches, and running drills in a social setting.

Thursdays, June 7-28

6:30 PM-8:30 PM

#221056

Mindfulness In Nature

Course Fee: \$25

Age: 18yrs and up. Take a break from the hectic world and enjoy the calmness provided by a connection with nature. This course will help relieve stress, clear the mind, or rekindle a relationship with the natural world. These sessions combine various mindfulness practices with the unique setting Forest Ridge Park has to offer.

Fridays, June 15-29

9:00 AM-10:00 AM

#221034

Fridays, August 10-24

9:00 AM-10:00 AM

#221035



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Nature Programs

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Jakes and Jennies: Young Explorers Club

Course Fee: \$4

Age: 4-6yrs. Jakes and Jennies are young turkeys looking to find their way in the world. Join the flock at Forest Ridge Park to enjoy an hour of educational outdoor based programming. Activities include interactive games and crafts. Tom and Hen (parent) participation is encouraged.

Wednesday, May 2	9:00 AM-10:00 AM
#221029	
Wednesday, June 6	9:00 AM-10:00 AM
#221030	
Wednesday, July 11	9:00 AM-10:00 AM
#221031	
Wednesday, August 1	9:00 AM-10:00 AM
#221032	

Without a Trace

Course Fee: \$4

Age: 10-12 yrs. What can you discover in the park? Putting the practice of Leave No Trace into practice, participants will observe and investigate the trails and lake at Forest Ridge Park. Through interactive games and activities, learn what you can do to be a better steward of the land and water around you.

Wednesday, June 13	9:00 AM-11:00 AM
#221053	
Wednesday, August 22	9:00 AM-11:00 AM
#221054	

Introduction to Birding

Course Fee: \$10

Age: All ages. What kind of bird is that? Participants will learn bird identification techniques and receive field guides for local birds to take home. We will provide some binoculars, but you are encouraged to bring your own.

Saturday, May 19	9:00 AM-11:00 AM
#221026	
Saturday, August 18	9:00 AM-11:00 AM
#221027	

Forest Ridge Park Explorers

Course Fee: \$2

Age: 18yrs and up. Explore and investigate all there is to see at Forest Ridge Park. Join us for guided walks as we discover the park's trails together and learn about the property's history, the name of that strange plant, and observe wildlife.

Tuesday, May 15	9:00 AM-10:30 AM
#221018	
Tuesday, June 19	9:00 AM-10:30 AM
#221019	
Tuesday, July 17	9:00 AM-10:30 AM
#221020	
Tuesday, August 21	9:00 AM-10:30 AM
#221021	



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Arts Programs

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Photography—Nature Fundamentals

Course Fee: \$10

Age: 18yrs and up. This class is for those who love to take nature photos but do not know where to look. We will focus on signs of wildlife, time and seasonal placement, as well as flora/fauna identification. This program will start indoors and move outdoors for practical application as you explore the woods and lakeshore.

Saturday, June 9

9:00 AM-11:00 AM

#221036

Photography Club

Course Fee: \$4

Age: 16yrs and up. Do you love taking pictures of nature? Are you looking for idyllic locations for your outdoor photo session? Let us show you some of the best locations in Forest Ridge Park. All cameras are welcome.

Wednesday, May 30

8:00 AM-10:00 AM

#221037

Wednesday, June 27

6:30 PM-8:30 PM

#221038

Wednesday, July 25

8:00 AM-10:00 AM

#221039

Wednesday, August 29

6:30 PM-8:30 PM

#221040



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